



Monday, April 05, 2010

## April Harvest of the Month - Radishes!



You may think of radishes as being red on the outside and white on the inside but did you know there is a variety called a watermelon radish that is the opposite coloring with bright magenta flesh on the inside and a white outer skin? There are black and white radishes too.

Radishes are root vegetables similar to beets and turnips but are members of the cuciferae (mustard) family. They have been cultivated for thousands of years both in China and the Mediterranean area. They came to the Massachusetts colony in the early 1600s and are now grown all over the United States with California being one of the nation's primary producers. They are low in calories and high in Vitamin C, folate and potassium and are a good source of magnesium. Radishes will be on the salad bar on Fridays in April.

### Recipe: Radish salsa and tortillas with chicharrones de queso



**SAVORY:** Chicharrones de queso with tomatillo-radish salsa and tortillas. (Glenn

### Recent Postings

[Lunch is IN When School is OUT](#)

[Harvest of the Month for May: Strawberries](#)

[April Cilantro: Sage Mountain & Tierra Miguel Farms](#)

[March Harvest of the Month - Broccoli](#)

[February is American Heart Month](#)

[February Harvest of the Month: Local Winter Squash](#)

[First Lady's Let's Move Campaign Spurs Creativity](#)

[January Harvest of the Month - Local Tangerines](#)

[December Harvest of the Month - Local Spring Mix](#)

[Nutrition Ed at its Finest at Horton Elementary!](#)

### Postings by Month

[June 2011](#)

[May 2011](#)

[April 2011](#)

[March 2011](#)

[February 2011](#)

[January 2011](#)

[December 2010](#)

[November 2010](#)

[September 2010](#)

[August 2010](#)

[May 2010](#)

[April 2010](#)

Koenig / Los Angeles Times)

Total Time: 1 hour

Servings: 6

Note: The chicharrones de queso are adapted from Jimmy Shaw, chef-owner of Lotería Grill, who serves them with warm tortillas, guacamole and salsa verde. Make the salsa one day ahead to allow the flavors to blend. You will have blend. You will have extra salsa; save the remainder for another use.

5 tomatillos, peeled of their husks and finely diced (about 1 1/2 cups)  
1 cucumber (not English), peeled, seeded and finely diced (about 1 cup)  
1 small bunch radishes, trimmed and finely diced (about 1 cup)  
1 bunch cilantro, stems removed and minced (about 1/2 packed cup)  
1/2 large red onion, finely diced (about 1 cup)  
2 jalapeños, seeded and finely diced  
Zest and juice of 2 large limes  
2 tablespoons olive oil  
1/4 teaspoon cayenne pepper  
2 teaspoons salt  
12 corn tortillas  
1 pound Monterrey Jack cheese, coarsely grated with a box grater (about 3 cups)

1. *Make the salsa:* In a large bowl, combine the tomatillos, cucumber, radishes, cilantro, red onion, jalapeños, lime zest and juice, olive oil, cayenne pepper and salt. Toss to combine, then transfer to a nonreactive container, cover and refrigerate overnight.

2. *Warm the tortillas.* Heat the oven to 350 degrees. Wrap the tortillas in a damp towel and place the towel on a baking sheet. Heat the tortillas just until warmed through.

3. *Heat an 8- to 9-inch diameter nonstick skillet over medium-low heat.* Scatter one-half cup grated cheese in a circle, about 7 inches in diameter. As the cheese melts, spread it evenly across the pan so it cooks evenly, spreading the cheese further out to the edges of the pan as it melts. Rotate the pan as needed so the cheese cooks evenly. Once the cheese starts to crisp on the bottom and lightly color on the top, 6 to 7 minutes, blot dry and continue cooking until golden brown, another minute or two.

4. *Using a plastic spatula,* remove the cheese from the pan. Immediately form the cheese into a cone or drape it over a rolling pin, using a spatula and being careful, as the cheese is quite hot. It will cool very quickly, becoming crunchy and keeping whatever shape you form it into. Cool on paper towels and repeat until all of the cheese has been used. Serve the chicharrones with the warm tortillas and a bowl of salsa.

Each serving: 431 calories; 22 grams protein; 27 grams carbohydrates; 4 grams fiber, 27 grams fat; 15 grams saturated fat; 67 mg. cholesterol; 821 mg. sodium.  
Recipe from the LA Times

Posted by Kimberly Wright at 8:00 AM

---

0 Approved Comment(s)